

W O M E N ' S

Washington Women's Center offers a patient focused environment in which collaborative health screenings, diagnostic and educational programs are tailored to meet a woman's needs. Washington Women's Center is located at 2500 Mowry Ave., Suite 150, Fremont, CA 94538. For more information, call (866) 608-1301 or (510) 608-1301. To register for classes, please call (800) 963-7070 or go online at www.whhs.com.

Lunch and Learn Topics

Bring your lunch and come join us for a short topic about Women's Health. We have one hour sessions offered at noon in our Washington Women's Center Conference Room unless otherwise noted.

When: 12 noon to 1 p.m.

Where: Washington Women's Center Conference Room

- **January 21 • Facial Health Class #2: Tools to Manage Aging Skin Changes**

Learn more about the risks and benefits of facial skin treatments from a dermatologist.

- **February 16 • February is National Heart Health Month**

Come learn new ways and methods for low sodium cooking. A clinical registered dietitian will give a cooking demonstration and healthy sampling!

- **April 6 • National Cancer Control Month**

Assessing your risk for breast, ovarian and colon cancer. Should you consider genetic counseling and testing?

- **May 20 • May is National Arthritis Awareness Month**

Did you know that more women are affected by arthritis than men? A rheumatologist will discuss the latest medications for rheumatoid arthritis, osteoarthritis and fibromyalgia.

- **June 8 • Conversation With a Laser Nurse: Laser Treatments for the Skin**

Is this a healthy alternative to aging skin? Come learn what laser nurses do, the risks and benefits for these treatments.

Evening Lecture Series for Women

6:30 p.m.: A time to share, network and trade tips for living well prior to the guest speaker. **7 to 8 p.m.:** Guest speaker.

Where: Washington Women's Center Conference Room

- **January 12 • Kicking Off the New Year Right with Exercise**

We will be discussing the benefits of exercise and how to overcome road blocks to exercising every day. We will review exercise programs offered for women here at Washington Women's Center and take a tour of the Ladies Choice Gym.

- **March 8 • Market Wise**

Learn to be savvy and choose healthier foods when you shop at the market. A clinical registered dietitian will discuss and show you foods you may have been afraid to try.

- **May 11 • May is Cancer Research Awareness Month**

A medical oncologist will discuss some of the latest research on breast and ovarian cancer prevention and treatments.

- **June 7 • National Survivors' Day**

We will be celebrating for all women and their families. Learn how healthy nutrition, exercise, relaxation and medical surveillance can promote healthy balance.

Programs Featuring Physical Activity and Nutrition

T.G.I.F.F. (Totally Good Information for Females)

- **February 15, 6 to 8 p.m. • Yoga and Coping with Chronic Illness**

Chronic illness can affect the immune system and place our bodies under constant stress. Empower yourself! Come learn and practice yoga poses that improve the health of the immune system and learn how to improve breathing, circulation and digestion. The yoga practice will be restorative in nature and allow for an experience of deep relaxation. Call (510) 608-1301 to register and make payment. Fee: \$15. Class limited to 15. Yoga Instructor: Bonnie Maeda, R.N.

Healthy Balance: You Can Do It!

Washington Hospital 4th Annual Women's Health Conference

Saturday, January 23

8:30 a.m. to 2 p.m.

Conrad E. Anderson, M.D. Auditorium

KEYNOTE SPEAKER

What Ladies Can Do to Keep a Good Balance in their Daily Activities
Vanessa V. Wilson, M.D., Internist
Washington Hospital Medical Staff

TOPICS & SPEAKERS

Digestive Disorders
Annamalai Veerappan, M.D.
Gastroenterologist
Washington Hospital Medical Staff

Thyroid Disorders

Aruna Chakravorty, M.D., Endocrinologist
Washington Hospital Medical Staff

Allergy or Asthma Conditions

Jeffrey L. Kishiyama, M.D., Allergist/Immunologist
Washington Hospital Medical Staff

Complimentary Therapy, Art, Yoga & Meditation

Kathy Hesser, R.N., Coordinator of Washington Women's Center
Washington Hospital Healthcare System
Bonnie Maeda, R.N.

Organic Gardening Demonstration

8:30 to 9 a.m.: Registration and Continental Breakfast

Fee: \$10 (pay at door). Lunch will be served.

No walk-ins, please. Call (800) 963-7070

to register and choose two sessions.



HEALTH

The Right Weigh Program

A nutrition program for women taught by a clinical registered dietitian, that promotes activity, nutrition and behavioral lifestyle changes for long term weight loss and improved health. The program provides an initial, one-on-one session supplying you with a personalized meal plan, along with individualized activity and behavioral goals. Plus eight, small group classes over a three month period on topics including meal planning, getting active, and behavioral strategies to help you get on track and continue toward your goal.

When: Program sessions begin in February and May
Where: Washington Women's Center Conference Room
Call: (510) 608-1356 for fees and more information

Wellness Massage

We now offer wellness massage at the Washington Women's Center by licensed massage therapists. Massage can calm the nervous system and promote a sense of relaxation and well being. It can improve blood circulation, stimulate the lymphatic system, and prevent and relieve muscles cramps and spasms. We offer Swedish massage, sports massage, therapeutic massage, soothing warm stone, pregnancy massage, foot reflexology, deep tissue massage and chair massage.

Call: (510) 608-1301 for more information or to schedule a massage

Gentle Yoga for Health and Healing

This class is intended for women seeking a gentle program to support their overall health as well as the healing process. No previous yoga experience is necessary. Each class will include the

basic principles of movement, structural alignment and breathing awareness. Yoga is a healing modality which can assist you to cope and improve your sense of well-being.

When: Thursdays, 4:30 to 5:30 p.m. and 5:45 to 6:45 p.m.
Six week sessions begin: Jan. 7, Feb. 25, April 15, May 27

Where: Washington Women's Center Conference Room
Call: Call the Washington Women's Center Wellness Line at (510) 608-1301 to register or for more information
Fee: \$75

Ladies Choice Program

Get into shape by joining the Ladies Choice Fitness Program. We offer our clients an individualized exercise program in a comfortable, friendly environment. *Physician clearance required.*

When: Tuesdays and Thursdays, 2 to 6:30 p.m.
Where: Cardiac Rehab Gym, Washington West, 2500 Mowry Ave., 2nd floor
Call: (510) 494-7022 for fees

Arthritis Foundation Exercise Program (for women only)

Doctors and therapists know that moderate physical activity can improve your health without hurting your joints. We offer the *official* Arthritis Foundation Exercise Program for women with mild osteoporosis and arthritis. Classes meet twice a week for six weeks.

When: Mondays and Wednesdays, 10:30 a.m.
Sessions begin: Jan. 4, Feb. 15, March 29, May 10, June 21
Mondays and Thursdays, 3 p.m.
Sessions begin: Jan. 4, Feb. 15, March 29, May 10, June 21
Call: Call Washington Women's Center Wellness Line at (510) 608-1301 to register or for more information
Fee: \$48 per session/12 classes

Breast Health

Washington Women's Center offers state-of-the-art diagnostic services such as digital mammography, ultrasound and minimally invasive breast biopsy. Diagnostic imaging is clearer than ever, thanks to Washington Hospital's advanced Picture Archiving and Communication System (PACS). This powerful technology enables physicians to receive reports and images more quickly, enabling them to expedite care. *Physician referral required.*

Call: (510) 791-3410 to schedule an appointment

Self Breast Exam Education

Meet with our nurse educator and learn how to do a self breast exam. You will watch a video and practice with a breast model. By appointment only; allow 20-30 minutes.

Call: (510) 608-1356 to schedule an appointment

Newly Diagnosed Breast Cancer Series

This series offers women and their families straightforward facts about many topics related to breast cancer. Topics include pre- and post-operative care, systemic therapy, genetic testing: who should be tested, nutritional concerns, and breast reconstruction options. Each subject is offered on a rotational basis so a class is always available without lengthy waiting time.

Call: (510) 608-1356 to speak with the Washington Women's Center Coordinator to obtain more information and schedules

Look Good...Feel Better®

Cancer treatments often cause changes in the condition of women's skin and hair. Our Look Good...Feel Better® staff of cosmetologists work with you, one-on-one, to address the personal changes you are experiencing. Join us for this opportunity to receive free products and advice in a supportive and pampering environment. You can look good and feel better! Sponsored by the American Cancer Society.

When: 7 to 9 p.m.: January 25, March 22, June 14
Call: (800) 227-2345 to reserve your space

Breast Cancer Support Group

For information, see description on page 6.

Cancer Genetics Clinic

Are you concerned about a strong family history of breast and ovarian cancer? Washington Cancer Genetics Program offers free informational classes on hereditary cancer syndromes the first Tuesday of each month. Private consultations for genetic counseling and risk assessment available with physician referral.

Call: (510) 608-1356

Read more about Washington Hospital's Breast Health Program on the back page.